

PLEASING PICKY EATERS FAMILY COOKBOOK AUTHORS SHARE 'FAST FOOD' RECIPES {page 9}



TRIPLE THREAT JAYS' 3-WIN REBOUND

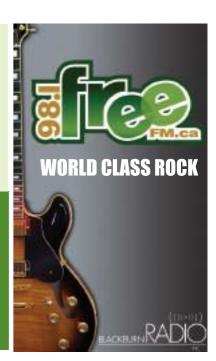
{page 13}

metricondon etropies

Monday, July 11, 2011 www.metronews.ca



News worth sharing.





Drumming to the same beat

The two men began playing together next to a vendor selling handmade musical instruments, such as the ones shown here. For more on Sunfest, see page 3.

Youths also 'like' privacy

▶ Research team surprised to find youngsters are more aware of the consequences of disclosing information on Facebook

Tweens and teens are often warned about sharing too much information online, but a new study suggests grown-ups aren't much different than adolescents in protecting their privacy.

Facebook users were the focus of the work by a psychology professor and two PhD candidates at the University of Guelph, who compared the habits of a youthful group, ages nine to 18, to non-students ranging in age from 19 to 71.

"There's this belief that somehow younger people, especially teenagers, are somewhat foolish when it comes to privacy and social media, and that as people get more mature ... that they become more **Too much information?**

facebook

Responses showed 35.4 per cent of young people and 29 per cent of adults were somewhat likely to disclose personal information.

careful and more protective of their privacy," Prof. Serge Desmarais said.

But the paper revealed there is little difference between the two generations, he adds. "So younger people are not as foolish as we think, or parents are more foolish than we think." THE CANADIAN PRESS







Losing a house just the beginning of debt nightmare for Spanish mortgage defaulters.

- Download the free ScanLife app with your smartphone at 2dscan.com
- 2 Use your smartphone to scan 2D barcodes in Metro
- The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca



Should a DUI
conviction be
enough to keep
immigrants out
of Canada? Guidy
Mamann
explores
potential costs to
our economy at
metronews.ca/
immigration





Pioneer Village picnic stuffed with fun

The Fanshawe Pioneer Village hosted the second annual Victorian **Teddy Bear Picnic for** children and their favourite stuffed friends. Wagon rides, story telling, 19th-century games and a teddy bear parade were just some of the events taking place at the summer picnic celebration. The picnic is organized by Anne Brookes, the promotional events co-ordinator at Fanshawe Pioneer Village.

Ontario courts speeding up

▶ Justice on Target program started in 2008 to cut down on number of days and court appearances by 30 per cent ◆ Attorney general says numbers are down ahead of 2012 target

Ontario's courts have seen an encouraging drop in processing times three years into a program targeting waste even though it has yet to meet its final targets.

"It's a huge turnaround for the system, and this was an initiative that did not involve using extra resources," Attorney General Chris Bentley said in an interview

"Now that we stopped the ocean liner going in one direction ... we'll see an accelerating rate of progress."

As of 2010, appearances in Kirkland Lake were

down almost 45 per cent, in Kingston 18 per cent, in Brampton nearly 17 per cent and in North York 15 per cent.

London saw a reduction of 10 per cent, while Newmarket was down a more modest four per cent.

The number of appearances in Ottawa courts rose by more than one per cent, however, and there was a 15 per cent jump in Espanola.

Overall, 325,000 criminal court appearances were eliminated across the province.

When it came to the



number of days a case took, Timmins led the decreases with 32 per cent, followed by Kirkland Lake and Kenora at 25 per cent, and Woodstock at 23 per cent.

Old City Hall in Toronto

and Milton were both up around four per cent.

While Bentley admits not all courts have met his targets, he said the aim was really to find a way to shake up the system.

"It's a culture change that we're talking about here," said Bentley.

"To get the overall direction going in the right way for the first time after 18 years — we're pretty pleased."

Progressive Conservative justice critic Ted Chudleigh said it was difficult to measure the program's success because it's almost impossi-

ble to get statistical results that don't come out of the system.

That makes the comparisons hard to make, and it also creates uncertainty around what exactly is being done to speed up the process.

"I still ask at what cost, and it pains me to say that it's speculation because those stats aren't available," said Chudleigh.

"How many plea bargains? How big an increase? What kinds of plea bargains were made that got people with serious crimes off?" THE CANADIAN PRESS

Driver charged after cyclist struck

A driver has been charged after a man was hit crossing a road on his bike.

On Friday morning at 10:35 a.m., London police responded to the area of Highbury Avenue and Edgevalley Road for a motor vehicle collision. A vehicle

turning right from Edgevalley onto Highbury struck a 60-year-old cyclist crossing the street. He was taken to hospital with minor, nonlife-threatening injuries.

The driver has been charged with failing to yield to traffic. • METRO

Bedbug life line opens

The Middlesex-London Health Unit has started a hotline for residents to obtain a wide range of information about bedbugs, from tips to avoid bringing the pests into your home and how to deal with infestations. Call 519-663-5317, ext. 2847 (BUGS). © METRO

Housing development gets \$3.4M green light

Four Feathers Housing Cooperative Inc. will build a 25-unit apartment building at 205 Commissioners Rd.

The development, a partnership with the Ontario Aboriginal Housing Services, the province and the City of London, is receiving more than \$3.4 million in funding from the First Nation, Inuit, Métis Urban & Rural Housing Program.

The project is catered towards "empty-nesters," older couples and individuals.

Sunfest numbers shine their brightest

♦ 4 days♦ 35 musical groups♦ 450 volunteers♦ 225,000 people



Apparently, Londoners are loving Sunfest in record numbers.

"It's growing so fast, tremendously, and we have to be prepared for that each year," said Alfredo Caxaj, artistic and executive director of the international music and arts festival at Victoria Park.

"The best generators of traffic seem to be those who were first-timers the year before. They are so impressed that they come back for more and bring family and friends along with them."

Perhaps the biggest draw of the festival is that it remains an admission-free event. Craxaj says many of the artists who perform at Sunfest could headline other places. If a fan wanted to see a particular group in concert anywhere else, they might have to pay for a ticket.

He says Sunfest is able to remain a free event due to government funding, "It's unbelievable the traffic and numbers of people here. No question about it, we've broken the record of attendance."

ALFREDO CAXAJ, ARTISTIC AND EXECUTIVE DIRECTOR FOR SUNFEST

sponsorship and donations, although Craxaj says the amount of donations never reflect the number of people who walk through the park.

He says people assume the City of London pays to put Sunfest on, but that's not the case.

"One of the lowest contributions we receive is from the City of London," Craxaj says.

Craxaj has been helping to fund Sunfest since 1995 and says he's enjoyed the past 17 years. "We've overcome many barriers and accomplished so many things that truly have made this festival such a unique celebration," he said. "This festival reflects what Canada is all about."



'Get your free condoms here' shoutouts not cool with some festival-goers

While Sunfest is known for great food, music and multiculturalism, it's not known for the promotion of safe sex. That changed this year with the addition of the Regional HIV/AIDS Connection booth to the vendors lineup.

Chris Frise, a volunteer with the HIV/AIDS group says that it's trying to

"Every two hours, in Canada, someone is infected with HIV."

CHRIS FRISE, VOLUNTEER FOR REGIONAL HIV/AIDS CONNECTION

promote condom use to help prevent unwanted pregnancies and sexually transmitted diseases.



The organization's controversial approach created some chatter on the local Twitter feed (#LdnOnt) yesterday. Local tweeter @MikeMarsman said he could hear shoutouts exclaiming, "Get your free condoms here!" He thought the group had good intentions, just used poor im-

plementation.

Frise says it's necessary to be aggressive with the message.

"A lot of people are embarrassed to come up to the booth (to get free condoms), but I feel to be aggressive is to let more people be aware, or else they'll just pass by."

KELLY CONNOR

What's the best thing about Sunfest?

KELLY CONNOR/FOR METRO

Marvin Guinasao, 21, London

"The fact that this event brings everyone together. Everyone is out here supporting the event."



Susan Teeters, 43, Ohio

"The calibre of musicians that come out and play. The music is wonderful and the people are wonderful"



Michelle Ryu, 16, London

"I come for the shopping. I love looking for dresses at the different clothing vendors."



Codie Payne, 24, London

"It gets everybody out on this beautiful weekend to experience this amazing multiculturalism."



Sandra Fleites, 21, London

"Everybody from different cultures coming together to experience different things."

Plea for aid in 'worst humanitarian disaster'

• Thousands of Somali families are fleeing their drought-stricken home country Delta But refugee camps are full, lack adequate food and shelter



The head of the UN refugee agency said yesterday that drought-ridden Somalia is the "worst humanitarian disaster" in the world after meeting with refugees who endured unspeakable hardship to reach the world's largest refugee camp.

The Kenyan camp, Dadaab, is overflowing with tens of thousands of newly arrived refugees forced into the camp by the parched landscape in the region where Somalia, Ethiopia and Kenya meet. The World Food Program estimates that 10 million people already need humanitarian The UN Children's Fund estimates that more than 2 million children are malnourished and in need

of lifesaving action.
Antonio Guterres, the head of UNHCR who visited Dadaab yesterday, appealed to the world to supply the "massive support" needed by thousands of refugees showing up at this camp every week. More than 380,000 refugees now live

In Dadaab, Guterres spoke with a Somali mother who lost three of her children during a 35-day walk to reach the camp. Guterres said Dadaab holds "the poorest of the poor and the most vulnerable of the vulnerable.

"I became a bit insane after I lost them," said the "Nothing can compare to what we have seen this month.... I believe Somalia represents the worst humanitarian disaster in the world."

ANTONIO GUTERRES, UNHCR HEAD

mother, Muslima Aden. "I lost them in different times on my way."

Guterres is on a tour of the region to highlight the dire need. On Thursday he was in the Ethiopian camp of Dollo Ado, a camp that is also overflowing.

"The mortality rates we are witnessing are three times the level of emergency ceilings," he said. The level of malnutrition of the children coming in is 50 per cent. That is enough to explain why a very high level of mortality is inevitable," he said.

Dr. Dejene Kebede, a

health officer for UNHCR, said there were 58 deaths in camps in one week alone in Iune.

Most of the deaths take place at the registration office and transition facilities of the refugee camps in the southeastern Dollo region of Ethiopia, the health officer said.

THE ASSOCIATED PRESS

Dozens of children among 101 missing after Russian ferry sinks

A half-century-old tourist boat with 188 people on board listed and sank quickly in one of the world's largest reservoirs amid wind and rain yesterday, authorities and survivors said, and dozens of children were believed to be among the 101 people

missing. Two bodies were recovered.

About 30 children gathered in a cockpit in the double-decker Bulgaria moments before it sank into the reservoir on the Volga River, a survivor told the Interfax news agency. THE ASSOCIATED PRESS

Emergency teams and divers from neighbouring regions rushed to the site of the tragedy, 750 kilometres east of

Ambassador issues warning to new nation

A day after the jubilation of South Sudan's independence proclamation, the U.S. ambassador to the UN warned yesterday of a "real risk" that the north-south peace process could unravel unless outstanding issues such as oil and border demarcations are quickly resolved.

Celebrations rang out Saturday in the South Sudan capital of Juba, the first day of independence after decades of civil war between Sudan's north and south. Some two million people died in the most recent war from 1983 to 2005.

Yesterday, the capital ap-



peared hungover from its massive celebration, though small groups of people still sang and danced on street corners

THE ASSOCIATED PRESS

FINAL DOCKING

A historic linkup for NASA

In a flight full of emotion, Atlantis made the final docking in shuttle history yesterday, pulling up at the International Space Station with a year's worth of supplies.

The station's naval bell chimed a salute as Atlantis docked 386 kilometres above the Pacific.

"Atlantis arriving," called out space station astronaut Ronald Garan Jr. "Welcome to the International Space Station for the last time."

"And it's great to be here," replied shuttle commander Christopher Ferguson.

It's the final docking to a space station ever by a NASA shuttle. Atlantis is being retired after this flight, the last of the 30-year shuttle program.

This was the 46th docking by a space shuttle to a space station. THE ASSOCIATED PRESS

U.S. flight diverted after threat found

A United Airlines flight from San Francisco to Frankfurt, Germany, was diverted to Chicago after a threat was found in a bathroom. United spokesman Charles Hobart says in an email that Flight 926 landed at O'Hare International Airport about 1 a.m. vesterday. The plane was searched, cleared and allowed to continue on to Germany. Hobart says a crew member found a sticker with a threatening message in a bathroom and the plane was diverted "in an abundance of caution." THE ASSOCIATED PRESS

Tahrir crew postpones run to Gaza

Canadian activists trying to deliver aid to the blockaded Gaza Strip have decided to put off their voyage for now. Organizers announced the decision after the Canadian ship, the Tahrir, had been prevented from leaving a port in Greece for weeks. Greece has banned vessels heading to the blockaded strip, citing safety concerns. After inspections and administrative delays, the Canadian ship tried to leave for Gaza yesterday but was quickly turned back to shore by the Greek coast guard.

THE CANADIAN PRESS

Good works means good pay, for some

Some senior executives of Canadian charities earn salaries well into six figures, The Canadian Press has found.

The Canada Revenue Agency keeps a database of all the country's 85,000 registered charities, which must disclose how much their 10 highest-paid workers take home.

There are about a million charity workers in Canada. The CRA database shows more than 6,000 of them earned above \$120,000 last year. A few hundred made more than \$350,000, and another 12,000 workers made between \$80,000 and

\$120,000

It's likely the number of charity workers making six-figure salaries is greater, since organizations must disclose only their Top 10 earners.

However, charities defend the high pay by saying they have to pay top dollar for the brightest talent.

"If you really want those charities to have an impact and make a real difference, you're going to need to bring in the best people to work in that sector," said Marcel Lauziere of Imagine Canada, an advocacy group for Canadian charities.

THE CANADIAN PRESS

POLLINATION FOR THE NATION

Worker bees need better deal: Biologist

They toil from the day they're born to the day they die — without pension plans, overtime pay or collective bargaining rights — to produce 87 per cent of North America's food supply.

Now Concordia University biologist Melanie McCavour wants recognition of the economic value of work done by bees and other crop-pollinating creatures.

Current estimates of the value of global annual agricultural production provided by natural crop-pollinators are in the neighbourhood of \$250 billion. Assigning a monetary value to pollination is the first step in establishing a protocol for protecting pollinators. The logic goes that if people realize the labour value of worker bees, bats, birds, beetles and butterflies, policymakers will develop better environmental and agricultural policies.

"We're asking for a study to determine the exact dollar amount of these pollinators to our economy," McCavour said. THE CANADIAN PRESS

No deal yet on U.S. debt

U.S. congressional leaders must work out a debt deal within the next 10 days, President Barack Obama said yesterday as he convened a meeting with the eight top House and Senate leaders to fashion a deficit-reduction package for the next 10 years. Obama is pushing for a massive \$4 trillion deal for reducing the deficit, while Speaker John Boehner and other Republicans prefer a smaller, \$2 trillion plan. However, White House aides hinted yesterday that there is room for negotiation on a more modest approach. THE ASSOCIATED PRESS

Paper expires but scandal will not die

○ Documents reportedly show News of the World executives knew more about phone hacking than they let on **○** Murdoch's BSkyB bid imperilled

Rupert Murdoch touched down in London yesterday to take charge of his media empire's phone-hacking crisis as his News of the World published its last edition.

But the scrapping of the 168-year-old tabloid has not tempered British anger over improprieties by journalists working for Murdoch, and his \$19 billion US deal to take full control of satellite broadcaster British Sky Broadcasting remains in jeopardy.

The drama has expanded at breakneck pace after allegations News of the World journalists paid police for information and hacked into the voicemails of young murder victims and the grieving families of dead soldiers. Three people have been arrested, including Conservative Prime Minister David Cameron's former communications chief, Andy Coulson.

The Guardian newspaper reported yesterday that emails and memos from 2007 only recently turned over to police show News International, the U.K.



newspaper division of Murdoch's News Corp., was aware that phone hacking was more widespread than publicly acknowledged.

The scandal has the potential to bring down the Coalition government. Yesterday, Nick Clegg, leader of the Liberal Democrats, threatened to split the Coalition by siding with a Labour plan to block Murdoch's takeover of BSkyB.

Cross words

Some of the 200
journalists laid off from
the News of the World
appeared to sneak a
message into the paper to
Rebekah Brooks, who was
editor-in-chief when the
tabloid committed some
of the worst ethical lapses,
but has kept her job.

Clues in one crossword

puzzle included "Brook," "stink," "catastrophe" and "criminal enterprise."

A second crossword contained the hints "string of recordings" and what many interpreted to be a direct jab at Brooks: "Woman stares wildly at calamity." The answer to that clue? "Disaster."





COUNTING THE WAYS TO **LOVE MUSIC**

URBAN COMPASS

IILL ELLIS METRO LONDON

Soft-spoken number cruncher by day, dynamic baritone by night — Dave Burnett thinks that's the way to achieve life balance. "It's very enjoyable to finish work and then do something completely different,"

he explains.



Starting out life singing as part of a musical family — five generations played organ at a church in Rockwood, Ont. this Londoner now works at the accounting firm Gee Lambert & Courneya and

belts out show tunes at the Palace Theatre whenever he gets the chance.

Burnett's training is in classical choral music, or, as he calls it, "singing with the symphony as your backup band." He and his three siblings sang together growing up and are still involved in music either professionally

"That way he will get to crunch numbers and be musical at the same time."

or as a hobby. Able to carry a tune in seven languages, Burnett has sung with Orchestra London, Pro Musica and many other choral groups.

He stepped back from performing during his 20s to raise a family and pursue a career in animal nutrition research at the

University of Guelph, but returned to his first love in his late 30s and started singing again.

To work with larger musical groups and in prestigious vocal ensembles, one needs to audition, according to Burnett. "You can't just walk in and say 'Hey, I can sing." So while living in Stratford a few years ago, Burnett wanted to strengthen his auditioning skills and attended a workshop by the Stratford Community Play-

Burnett then tried out for Anything Goes and ended up as part of the chorus. Since he enjoyed the community theatre experience in Stratford so much, calling it 'just a ton of fun," Burnett decided to audition for Bye Bye Birdie with the London Community Players at the Palace Theatre last fall.

Winning his first speaking part — that of a policeman - Burnett again hoofed the boards each evening, while making sure his clients' books were hitting the high notes. As a Forest City newbie, Burnett enjoys meeting his fellow thespians.

'It's folks from all walks of life. We have doctors, retired doctors, professors, high school students, school teachers, bankers and a university theatre student.

Burnett can currently be seen in the Miller And His Men at Fanshawe Pioneer Village. Playing one of the leads, Burnett has his largest speaking role to date. The show runs from July 12-14 and 19-22. Tickets are available through Fanshawe Pioneer Village. For more information, visit garrisontheatricals.com.

Burnett's musical future looks bright. Next spring, he wants to produce a massed choir fundraiser to support food security for the East London United Church Outreach. That way he will get to crunch numbers and be musical at the same time.

Contact Jill Ellis at londonurbancompass@metronews.ca





Yeah. I liked them before and I love them now

Local tweets



@ineedaladder: woman on the bus has a walkman

- #throwback #ldnont @JAnthony98: Apartment is under contract, osap is applied for, just gotta pick these courses, and then the countdown begins! #senioryear #uwo #legggooo
- @LondonKris: Never thought I'd say this but Sunfest was just way too hot vesterday! #ldnont @amdrobinson: Oh HELLO
- 31 degrees! #ldnont @WChurchill12: What a night. Awesome party #ldnont #uwo #uwestern

- @alygaatorr x: #sunfest for the day with rachel<3 vaav #ldnont
- ▶ @waynehufford: Could use some rain. Yard is like concrete #ldnont
- @LittleCoding: Stopping by Sunfest '11 on my way to find some food downtown #ldnont
- @christine_moss: At sunfest, happy to see @ArtforAIDSInt on display! A great #socent in #ldnont
- ▶ @yoyosyogurt: As voted by our FB community, Pomegranate Tart is the Fan Flavour of the Week! It'll be in tomorrow. #toronto #ld-

Worth mentioning

DVUR KRALOVE, Czech Republic. She's the last northern white rhinoceros on view anywhere in Europe — buť zookeepers are hoping lonely Nabire will find solace with a southern rhino 11 years her senior.

Another northern white — Nesari — died here in her sleep in May at age 39, further reducing the world's dwindling population of the critically endangered

To help her cope with the loss of Nesari, keepers have decided to team up 27-year-old Nabire with a new partner, 38year-old male Natal. Natal is a southern white. another rhino subspecies.

They were seen snuggling, lazing in the sun and eating and sleeping in their enclosure late last week.

With rhino horns considered a cure for everything from colds and fevers to high blood pressure, impotence and other ailments, poachers have decimated rhino populations in Africa and elsewhere.

The northern white rhino is the most highly endangered mega-vertebrate on Earth.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



Count your silverware if he stops by

An 11-year-old boy in Brazil's northeastern city of Mossoro is drawing attention with his purportedly magnet-like qualities.

The Globo TV network has broadcast images of Paulo David Amorim demonstrating how forks, knives, scissors, cooking pans, cameras and other metal objects seem drawn to his body and remain stuck on his chest, stomach and back.

The boy's father told Globo that he decided to test his son after learning of a boy in Croatia with a similar ability. Junior Amorim said he was

this.

surprised to find "a fork and

knife stuck to his body.

The youth said classmates call him "magnet boy." Dr. Dix-Sept Rosado Sobrinho told Globo it is the first time in his 30vear career that he has

seen a case like

THE ASSOCIATED PRESS



METRO LONDON • 350 Talbot Street • Main Floor London ON • N6A 2R6 • T: 519-434-3556 • Fax: 888-474-3094 • Advertising: 519-434-3556 Ext. 2222 • adinfolondon@ metronews.ca • Distribution: london distribution Ametronews.ca • Publisher Irene Patterson, Managing Editor Jim Reyno, Sales Manager Charlotte Piper, Distribution Manager Rob Delvallet • METRO CANADA: President & Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, National Deputy Editor Fernando Carneiro, Managing Editor, News and Business Amber Shortt, Scene/Life Editor Dean Lisk, Managing Editor, Night Production Matt LaForge,

metrescene metronews.ca o7

Harry's spell lingers on

• An academic weighs in on the Potter cult

Thousands of Harry Potter fans are camped out at London's Trafalgar Square last week for a chance to see the premiere of the final Harry Potter movie. How did a book character manage to get such a following? Metro spoke with Michael Drout, Professor of English at Wheaton College and an expert on fantasy literature.

The Narnia series and the Lord of the Rings are excellent books. What makes people go gaga over Harry Potter?

Fantasy has become popular anyway, but the drawback with Tolkien and C.S. Lewis is that they take themselves too seriously. The fate of the universe is always at stake. J.K. Rowling took fantasy and inserted humour. She's also very good at creating characters. Her characters are not the cardboard characters you usually get in fantasy.

But why do people relate to Harry Potter?

He's literally a Cinderella story, and he taps into the idea that anyone can be the most important person in the universe. He's also moral compass of sorts: he's loval and he knows what's right and wrong. And like all fantasy, the Harry Potter books put readers into a position where they can change the world. Also, Rowling doesn't get enough credit for being a decent writer. A typical fantasy writer invents three-four different languages and has 20-page explanations for everything. In Harry Potter readers learn how things work because Harry himself is learning. • metro











TEXT: SAM DASTONE: GRAPHIC: INA NOR

Hit series draws to a close

Take heart, fans of The Closer! A new season of 10 weekly episodes begins tonight at 9 p.m. EDT. Then the TNT network will air another five episodes this winter and six more next summer before the series comes to a close.

So there's plenty of The

Closer ahead.

But for Kyra Sedgwick, who stars as LAPD Deputy Chief Brenda Leigh Johnson, the end is in her sights and on her mind. In December, she and The Closer wrap production.

And then? "I'll be home," replies Sedgwick.

"Knowing for the past seven years where you're going to be for six months — working on this show — makes those other six months precious, special, finite," she muses.

"The idea that I'll have the whole year not really knowing, waiting for the phone to ring, is going to be really different and hard. I know that intellectually, and I'm trying to prepare myself emotionally."

Sedgwick's colourful portrayal of Brenda, a crimebusting Atlanta transplant, won her an Emmy last year. THE ASSOCIATED PRESS





Box office



Giant robots have taken down bad bosses and talking animals at the weekend box office. According to studio estimates yesterday, Transformers: Dark of the Moon held the No. 1 spot again with \$47 million domestically in its second weekend. The Paramount Pictures blockbuster that stars Shia LaBeouf raised its total to \$261 million, shooting past The Hangover Part II to become the year's biggest domestic hit. Debuting in second place with \$28.1 million domestically was the Warner Bros. comedy Horrible Bosses, featuring Jason Bateman, Charlie Day and Jason Sudeikis as bumblers plotting against their supervisors. Opening at No. 3 with \$21 million was Sony Pictures' family tale Zookeeper. THE ASSOCIATED PRESS



Peppers record

Justin's bringing sexy back — well, at least for Jessica

• Rumour has it this very pretty pair are giving it another shot

While he's been making headlines with several famous beauties including Scarlett Johansson and Olivia Wilde since breaking up with Jessica Biel, Justin Timberlake reportedly isn't over his ex.

And sources tell Us Weekly that the pair, who split up after four years in March, are quietly giving their relationship another

"They have been talking the whole time and decided to give it another shot," a source says. "Jessica really wanted to get back together with him and Justin realized single life is not what it's cracked up to be.'

Stacev



Sean Penn rebounding nicely after his fling with Scarjo

Sean Penn seems to have gotten over his split from Scarlett Johansson, as the Oscar-winning actor has been hitting the town in L.A. with presumed new girlfriend

according to Page Six.

The pair grabbed breakfast at a rooftop restaurant at the Peninsula Hotel in Beverly Hills recently before hitting the

> 'She came up to the roof with wet hair, he

looked totally frazzled," a source says of their morning meal.

"They ate and had coffee, but they were talking about something intense. They were deep in conversation the entire time."







anyone

else excited to see Horrible Bosses? coz i can't wait!!"



galos!! 8/13/11 WHY..? Cause I'm down with the clown. Whoop!! Whoop!!"

@CarrieFFisher

"I now fol-Asimonpegg every where he goes- I want

you to know there's no funny stuff between us. He's a married man with children."



"Behind the music Missy

Elliot. So good. Get yer freak on."



Posh and Becks have a baby girl

spokesman said the soccer star's wife Victoria has given birth to a healthy baby girl Sunday.

Simon Oliveira said the celebrity couple is "delighted to announce the birth of their daughter."

"Happy and healthy she arrived at 7.55 am this morning at Cedars Sinai hospital in Los Angeles and 7lbs weighed 10oz," Oliveira posted on Twitter, adding the Beckhams' three sons "are excited to welcome their baby sister

The Beckhams, who married in 1999, already have three boys: Brooklyn, 11, Romeo, 8, and Cruz, 5. The family have yet to

announce a name for the little girl, who was born the morning after Beckham scored directly from a corner kick to give the Los Angeles Galaxy a 2-1 victory over the Chicago Fire.

THE ASSOCIATED PRESS



Victor Diamonds..

Completing the Journey from Mine to Consumer vithin the Province of Ontario.



Poag's | EWELLERS

WWW.POAGS.COM 519 245 1040 | 94 Frank St. | Strathroy, Ontario



Two speedy meals

• The authors of the cookbooks Time for Dinner and The Sneaky Chef provide three recipes to feed your family... naturally • Skip the fast food and feel good about these choices



Take orders from the kids before the food goes in the oven and you minimize potential tableside protests. By changing toppings every

Ingredients:

- 2 tablespoons olive oil
- 1 sprinkle flour
- 1 12-to-16-ounce ball prepared pizza dough
- 1 small onion, chopped
- 1 large zucchini, shredded
- · Salt and pepper • 1 cup marinara sauce
- 1 ball fresh mozzarella, sliced into thin rounds

few inches, this faster-than-Domino's version becomes a meal kids and adults can get excited about. Why not just order takeout? Because you're giving them a wholesome, healthy version of their favourite.

Preparation:

- Preheat oven to 400 dearees E
- Brush half of the olive oil onto a large backing sheet and sprinkle it with flour.

- Stretch the pizza dough into a 15-by-8-inch rectangle.
- Sauté the onion and zucchini in the remaining olive oil until softened. Season with the salt and pepper.
- Top part of the dough with the marinara sauce and fresh mozzarella. and part of it with your zucchini topping.
- Bake pie until crust has browned and the cheese has melted, 25 to 30 minutes. Slice and serve



Preparation:

- Preheat oven to 375 degrees F. Butter a 9-inch square baking pan.
- Bring pot of salted water to boil over high heat. Add macaroni and cook according to the package directions, until firm and slightly undercooked. Drain; set aside.
- In bowl, whisk milk with the White Puree and salt.
- Put half of macaroni into baking pan and top

Ingredients:

- 1/2 pound macaroni
- 1 1/2 cups milk
- 1/4 to 1/2 cup White Puree (see below)
- 1/2 teaspoon salt
- 2 cups grated low-fat Colby or cheddar cheese

with half the cheddar (or Colby) cheese. Then layer with the rest of the macaroni, and pour milk mix over the top, finishing with the last of the cheese on top.

White Puree

- 2 cups cauliflower florets 2 medium zucchini, peeled and roughly chopped
- 1 teaspoon lemon juice
- 3–4 tablespoons water
- Steam cauliflower in steamer over 2 inches of water, using tightlycovered pot, for 12 mins.
- Pulse raw peeled zucchini with lemon juice. Drain cooked cauliflower. Add it to pulsed zucchini in bowl of food processor with two tbsp of water. Puree until smooth. Stop occasionally and push contents from top to bottom. If necessary, add rest of water to make smooth

life

need this

GeoPalz pedometer

Your child is beautiful. But maybe he's also a little chubby. Get him going with this pedometer, which encourages walking by counting steps, which add up to "points"

tradable for prizes.

GEO PALZ

\$19.99, Geopalz.com



ier than ever with how-tos.



A unique salad combo

Ocombining corn, tomato and melon may sound a little strange, but — when done right — it can be delicious ● The flavours balance each other

For Nate Appleman, a great salad is about creating balance. "That balance changes throughout the year and usually depends on what is in season and the weather outside," said Appleman, a star of Food Network's The Next Iron Chef and chef for Chipotle Mexican Grill.

His inspiration starts when shopping. "I pick one central ingredient and build from there, keeping in mind a balance of crisp, sweet, salty, and sour," he said.

Here he offers a salad of tomatoes, raw corn and cantaloupe dressed with a jalapeno vinaigrette.

Preparation:

Dressing: In blender, combine olive oil, vinegar, jalapeno and oregano. Purée until mostly smooth. Season with salt, then set aside.



- To assemble, first stand each ear of corn on cutting board on wide end.
 Use knife to saw down cobs to remove kernels.
- In large bowl, gently toss together corn ker-

nels, tomatoes, cantaloupe, radishes, cucumber and red onion. Drizzle dressing over salad, then toss again to coat evenly. Crumble feta cheese over salad. THE ASSOCIATED PRESS

Ingredients:

Dressing

- 125 ml (1/2 cup) extra-vir-
- gin olive oil
 50 ml (1/4 cup) red wine
- vinegar
 2 jalapeno peppers (for
- less heat remove seeds)
- 10 ml (2 tsp) dried oregano

• Salt

- Salad
 2 ears corn
- 2 large tomatoes, cut into chunks
- 1 small cantaloupe, halved, seeded and scooped with a melon baller
- 1 bunch of radishes, sliced as thinly as possible
- 1 medium cucumber, peeled and halved, then seeded and sliced as thinly as possible
- 1 medium red onion, halved and sliced as thinly as possible

250 g (8 oz) feta cheese

Rose Reisman's Swap It

Chilled beverages and summer go hand in hand. Beware of drinking your calories when it's hot outside. Lattes often contain more than just

GRANDE ICED
PEPPERMINT
WHITE
CHOCOLATE
MOCHA AND
WHIPPED CREAM
520 CALS / 71 G SUGAR

milk and espresso!



WHITE CHOCOLATE AND WHIPPED CREAM ALWAYS INDICATE A RED FLAG FOR CALORIES, FAT AND SUGAR. THIS DRINK IS EQUIVALENT TO 10 NESTLE SKINNY COW MINI FUDGES IN SUGAR.

SWAP IT

GRANDE ICED
CINNAMON DOLCE
LATTE NO
WHIPPED CREAM
200 CALS/ 32 G SUGAR

MADE WITH ESPRESSO, MILK AND DELICIOUS CINNAMON FLAVOURED STRUP, WHO NEEDS THE WHIPPED CREAM AND CHOCOLATE?



FOR MORE, VISIT ROSEREISMAN.COM

Guilt-free ice cream

This healthier take uses brown sugar and almonds

Preparation:

- In bowl, sprinkle gelatin over 15 ml (1 tbsp) water. Let stand while you make base for ice cream.
- In saucepan, stir 35 ml (1 1/2 cups) of milk, brown sugar and cinnamon. Heat milk mixture over
- medium heat, stirring
- In bowl, whisk egg yolks and evaporated milk. Gradually pour in hot milk mix, whisking until blended. Return mix to pan and cook over medium heat, stirring with
- wooden spoon, until back of spoon is lightly coated, 3 mins. It should reach 74 C (165 F). Do not bring to a boil or the custard will curdle.
- Strain custard through fine-mesh sieve into large bowl. Add



softened gelatin and whisk until melted. Whisk in remaining 250 ml (1 cup) milk and amaretto. Cover and refrigerate until chilled, at least 2 hours.

- In dry skillet over medium-low heat, toast almonds, stirring, until lightly browned, 3 minutes. Set aside to cool.
- Once cool, whisk icecream mix and pour into canister of ice-cream maker. Freeze according to manufacturer's directions. Transfer ice cream to container, stir in almonds, cover with plastic wrap pressed into surface; freeze until firm. THE ASSOCIATED PRESS

Ingredients:

- 7 ml (1 1/2 tsp)
- unflavoured gelatin
 625 ml (2 1/2 cups) low-
- fat milk, divided
 175 ml (3/4 cup) packed
 dark brown sugar
- 2 ml (1/2 tsp) cinnamon
- 3 large egg yolks
- 1 can (340 ml/12 oz) nonfat evaporated milk
- 15 ml (1 tbsp) amaretto liqueur or rum
- 125 ml (1/2 cup) chopped almonds



Getting back to nature

• For 50 words or less, you could find yourself on a dream trip for two

Online contest offers a getaway



Imagine if 50 words on Facebook could turn into the Canadian wilderness trip of a lifetime.

Imagine no more. In honour of Parks Canada's 100th birthday, the Canadian Parks and Wilderness Society (CPAWS) has launched the Parks Dream Contest: What's on your Bucket List?

"We launched the contest to help Canadians learn about the amazing opportunities that are offered in our National Parks," says Holly Postelthwaite, national PR coordinator for CPAWS.

"We are really trying to reach the young, urban Facebook crowd, and make them realize the amazing experiences that are waiting for them in Canada's wilderness."

You certainly don't have to be young or urban to enter — but you do need to be on Facebook.

"We wanted to make it fun, easy and simple," Postelthwaite enthuses.

Nearby nature

Where you can get back to nature without going too far.

Destination A birdwatcher's paradise in the spring; home to monarch butterfly migrations in the fall. Point Pelee National Park is a lush forest oasis on the Lake Erie shore, two hours southwest of London. This peaceful, gorgeous natural retreat also features the southernmost point in mainland Canada.

"You just sign in with your Facebook account, and then in 50 words or less, share a dream experience you wish to have — or have already had — in one of Canada's National Parks."

The grand prize is spectacular — a \$10,000 dream trip for two to the Nahanni, courtesy of Nahanni River Adventures — will all air fare and accommodations included.

And if the word 'Nahan-



ni' conjures up images of thundering, dangerous white water and that's not what you're into — fear not.

"You don't have to be an expert canoeist," she adds.

"They will customize the experience based on your paddling experience. If you're an extreme canoeist, they'll choose and extreme route. If you've never paddled a canoe in your life, they'll take care of you as well."

Other prizes include Mountain Equipment Coop shopping sprees and gift cards — plus year-long passes to all the National Parks.

"We planned this contest in hopes of assembling the top 100 dream experiences to be had in Canada's National Parks.

People think of going to Europe or Cancun on their vacations, so we wanted to really show them what's waiting for them in their own back yard."

You can enter the contest right now at park-dreams ca

Join us in welcoming

Michael Nikou and

THE DANGER OF NORWEX CLEANING PRODUCTS

I recently went to a Norwex party and was wondering if you had an opinion about Norwex microfiber cloths? *Laurel of Coquitlam, B.C.*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



There is an up- and downside to microfiber cloth prod-

ucts.

The upside: they only need water to clean streaks, smudges, dirt and grime on glass, mirrors and stainless steel surfaces

They are also easily washed and reused.
Good quality cloths last

several years.

The downside: they are made from petrochemi-

cals.

The polyester and polyamide fabric strands are 100 times finer than

human hair.

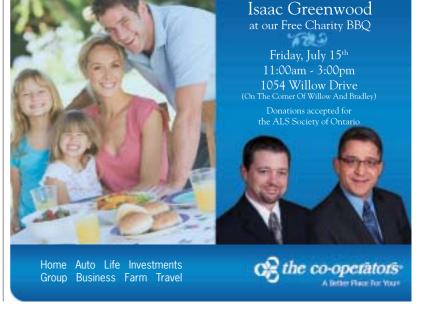
That's what makes them so good at lifting dirt, grease and dust without cleaning chemicals.

Problem is, they are made from a nonrenewable resource and do not biodegrade. I don't believe they are recyclable either.

Points for reducing the use of toxic chemical cleaners and eliminating the need for paper towels; strikes against for being made of petroleum-based products and for never being able to go back to the Earth.

Ultimately, it's up to you, with the purchases you want to make.







Don't let your thumbs get in the way of your career



In the age of auto-spell check, it's tempting to thumb out double-time memos with no regard for the art of spelling. Still, career counsellors warn, your lack of SMS politeness could carry a cost.

"People are starting to move away from emails and are losing the art of putting together a complete couple of sentences," career coach Sue Thompson bemoans.

"But you need to consider to whom are you writ-

ing."
"It's all about building Shirin rapport," concurs Shirin Khamisa, founder of Careers By Design.

If your emails are responded to with snappish, unpunctuated replies — no "Hey, how are you," no "Nice to hear from you" then you might, she suggests, keep your correspondence curt.

"But if it's a person who has a more personal touch, then I would reciprocate," she adds.

"Those niceties are very important in building relationships, even online and especially online - because we need that glue to hold us together."

Older workers, Thompson notes, can be made uncomfortable by an overload of web 3.0 abbreviations.

"Baby boomers are going to expect a fairly concise, but formal email," she says. And they'll likely place a greater importance on spelling, she adds.

"Some people will really consider your spelling, whether you know the difference between your and you're and its and it's," she

"Just respect the person to whom you're writing. That's what etiquette is."

Man of action has Heaps of 'passion'

Still going strong at 69, entrepreneur Frank Heaps has had his hand in beer, vodka and property development

TURNING **POINT**

TERESA KRUZE LIFE@METRONEWS.CA



"I'm not good at sitting on beaches, Frank Heaps tells me from his Toronto

office. "I'm going to develop them.'

I learn that they are not idle words. Frank Heaps is a man of action and at the age of 69, his entrepreneurial spirit is still driving him forward.

Heaps pioneered the micro-brewing craze in Canada when he started Upper Canada Brewing Company in 1984.

"I quit my job, put a mortgage on the family home, wrote a business plan, raised capital and then struggled like hell for five years until it caught

Heaps sold the successful brewery 10 years later and thought about retire-

tried watercolour, golf, bagpipe lessons, pottery classes — nothing appealed to me."

It was back to the beach



Heaps of advice

Frank Heaps on starting a new business

- Find something you're passionate about. Check out the competition.
- and Heaps began developing a waterfront property in St. Lucia. He is also the current president of Iceberg Vodka in Canada.

'You've got to have passion. You also have to motivate yourself because if

- Do your research. Then write a spectacular business plan.
- ▶ Demonstrate to yourself and other people that you know what you're talking
- Get ready for a challenging ride.

you can't do that, vou're not going to motivate the people around you."

Beer, vodka and offshore property development. I can hardly wait to see what Frank Heaps does

Rent office space in the heart of downtown



Franchitti comes out on top of the heap

Dario Franchitti survived a crash-filled race to win his third Honda Indy Toronto title yesterday.

The Scottish driver held off Graham Rahal on a late restart, then beat teammate Scott Dixon on the 1.75-mile temporary street course at Exhibition Place while Ryan Hunter-Reay finished third.

Franchitti increased his lead atop the IZOD IndyCar points standings to 353, 55 more than rival Will Power. It was Franchitti's 30th career win, and his fourth of the season.

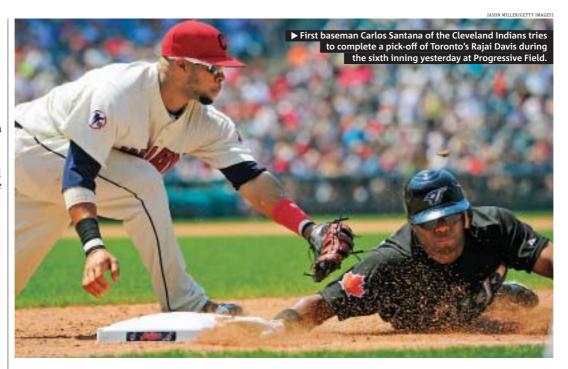
Franchitti got a lucky break when his collision with Power knocked the defending champion out of contention on the race's 25th anniversary.

As he chased Power into a corner on the 57th lap, Franchitti nudged Power into a spin that stalled the pole-sitter's car. Power had to try to recover from 18th. Race officials later said the incident had been reviewed and no penalty had been handed out.

"I'm always racing clean, he's always racing dirty." Power told the Versus network during the race. "He never gets a penalty from IndyCar. Just not right."

Toronto's James Hinchcliffe finished 14th, while Paul Tracy managed a 16th-place finish before the hometown crowd.

Alex Tagliani of Lachenaie, Que., was launched into the air and out of the race after Danica Patrick was pushed into his car on the 72nd lap. THE CANADIAN PRESS



Jays head to break as winners of 3 straight

Toronto recovers from tough Thursday loss to pound Indians pitching
 Bautista, Romero and manager John Farrell going to all-star game

Three days after hitting their low point of the season, the Toronto Blue Jays are flying high going into the all-star break.

Jose Bautista's two-run double and six strong innings from Brett Cecil led Toronto to a 7-1 win over the Cleveland Indians yesterday. The Blue Jays took the last three games of the series after suffering a crushing 5-4 defeat in the opener on Thursday in which they blew a four-run lead and lost on Travis Hafner's walkoff grand

Blue Jays manager John Farrell isn't surprised his team rebounded from a loss that would have sent many clubs into a prolonged tailspin.

"We have the ability to put behind us what the previous day was, whether it was positive or negative," he said. "It speaks to the resiliency of this team and the attitude they carry on to the field."

The Blue Jays, who had 48 hits in the series, outslugged the Indians for an 11-7 win Friday. Bautista's 10th-inning home run gave Toronto a 5-4 victory Saturday and a five-run third inning, highlighted by rookie Eric Thames' two-run homer, sparked yesterday's win.

Cecil (2-4) gave up one unearned run over six innings for his first win in three starts since being recalled from the minors June 30.

Toronto moved within two games of .500 and have Bautista going to the all-star game as baseball's home run leader with 31 — along with 65 RBIs and a .334 average. THE ASSOCIATED PRESS

Romero an all-star

- Blue Jays starting pitcher Ricky Romero was named yesterday as a replacement on the AL squad in tomorrow's all-star game.
- The left-hander replaces
 Jon Lester of the Boston
 Red Sox, who is on the
 disabled list.
- Romero, 26, is an all-star for the first time. He's 7-8 with a 3.09 earned-run average and 101 strikeouts in his 18 starts this season. He has three complete games, including one shutout.

sports

Quoted



"You want to hit the ball hard. I didn't want to hit a slow roller to third base and have it be replayed forever."

DEREK JETER, WHO
HOMERED DEEP INTO
YANKEE STADIUM'S LEFTFIELD BLEACHERS FOR HIS
3,000TH CAREER HIT IN A
5-4 WIN OVER TAMPA BAY ON
SATURDAY.

"Just one of those special days."



Scan code for more sports.

Car crashes into rider at Tour

Spain's Luis Leon Sanchez won the ninth stage of the Tour de France on a wild day of crashes while France's Thomas Voeckler finished second to take the overall lead from Norway's Thor Hushovd.

The day was marred when a car struck Spain's Juan Antonio Flecha, who was part of a five-man breakaway group. Flecha took down Dutchman Johnny Hoogerland with him as he flew sideways off his saddle. Both riders got up and kept riding. Organizers said they

Organizers said they have excluded the car that caused the crash from the rest of the race.

The three remaining riders contested the final sprint.

THE ASSOCIATED PRESS



Sports in brief Canadians row

Canadians row away with gold

ROWING. Tracy Cameron of Shubenacadie, N.S., and Victoria's Lindsay Jennerich captured the women's lightweight doubles gold medal yesterday at the World Rowing Cup in Lucerne, Switzerland.

THE CANADIAN PRESS

U.S. moves on in cup classic

WOMEN'S WORLD CUP. Abby Wambach scored a thrilling goal to level the game at 2-2 in the 122nd minute and the Americans are moving on to the semifinals after beating Brazil on penalty kicks in one of the most exciting games ever at the Women's World Cup.

THE ASSOCIATED PRESS

HELP WANTED

SERVICES

General Help

\$\$ CASH \$\$

Busy parlour hiring body rub contractors 18-\$1,000 contract bonus, conditions apply Selective hiring. 519-521-2424 after 2 p.m.

Seekina Full Time epresentatives

to help keep up with our ever No experience necessary. Training provided for accepted applicants. Students welcome. Scholarships available

519-645-6662

Office Help

New Location! Now Hiring F/T & Summe All Positions Avail. CSR, Marketing, Sales and Management No Exp. Req. Call NHS today: 519 913 3140 Mon - Fri



Child Care

Fantastic Opportunity for Home Daycare in Oakridge/Byron Area! 3 full time spaces available in Sept. Contact 519-473-2318 or alliejane5@hotmail.com for more info

HEALTH & BEAUTY

Massage/Therapists

BEST MASSAGE!!

255 Wellington Rd. 10 am - 9 pm. Mon-Sur 519-568-5178

HOUSEHOLD **SERVICES**

General Services

Horizon Home Renovations General Repairs & Renos Registered & Insured FREE QUOTE's Call 519-204-7800

Movers

Make the easy move! Sprint Moving Service Bonded, insured, 24/7 services, Rates start at \$60/hour Free estimates theeasymove.ca (519) 859-4770

Trades

DON'S CUSTOM PAINTING

All your painting needs. Indoor & outdoor 519-631-7314

Woman hardwood & laminate installer Over 7 years experience in London & area Hardwood, Laminate, Trim, Repairs, etc. Free estimates call Kristina 519-670-4777

Junk Removal

* Junk Removal * Delivery * Moving Starting at \$29.99 6 x 12 Trailer Available for Larger Loads 19-476-8769 Mention Metro 519-476-8769

MISCELLANEOUS

Travel & Entertainment

Weddings•Anniversaries•Parties ndays - 2pm-6pm - Eagles 500 1st Street - 519-455-5502



ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.

REGISTER AT CLUBMETRO.COM



CLASSIFIEDS CUSTOMER SERVICE: 1806 527-6767 — MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisenent upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Crossword

Across	1	2	3		4	5	6	7	8		9	10	11
1 Letterman's net- work	12	t	+		13	+		-	t		14	\vdash	+
4 Agreed 9 Make up your mind	15	+	+	16		+	+		+		17	+	+
12 Luau serving 13 Reserved 14 Actress Myrna				18	\vdash	+		19	+	20		\vdash	+
15 Prankster's shout 17 Bankbook abbr. 18 "Sprechen — Deutsch?" 19 Isn't honest with 21 Zero 24 Apple computer 25 Fuss 26 Explosive letters 28 Set of moral rules 31 Kittenish calls 33 Rowing need 35 Slugger Sammy 36 Hammerhead parts 38 Society newcomer 40 "— the fields we	21	22	23			T		24		T			
	25	Г			26		27		28			29	30
	31		Т	32	Т	33		34	Т	35			Т
	36	Т			37		38		39		40	Г	T
			41		Г	42	П	43	Г	44		П	
	45	46	Т	П	Г	Т		47	Т	Т			
	48	Г	Т		49		50				51	52	53
	54				55						56		T
go" 41 Some reddish deer 43 Chopped down	57	T	T		58	T	\top		T		59		\top
43 Chopped down		aging !	fire		20 Ha	llmark	itom		_				_

45 Islamic decree 5 Raging fire (Var.) 6 Life story 47 Swiss canton

48 Past

Down

2 Jazz style

49 Foul play

54 Twosome

55 Bay window

56 Genetic stuff

57 Moray, for one

1 Tax pro, for short

58 Lipstick alternative 59 Morning moisture

from

10 Versifier 11 Glitch in print

16 Somewhat (Suff.) 20 Dines

21 Biyouac 22 Notion, in Nantes

27 Young fellow

3 Knight's address 4 Illinois city

7 Food-poisoning

bacteria 8 Remove calcium

9 Traditional

23 Nail gun, e.g.

29 "Got it"

30 Hallmark item

32 Winter forecast 34 Shows to be false

37 Veteran sailor 39 Emeralds, e.g. 42 Laverne's pal, fa-

miliarly 44 Back talk

45 Lose color 46 Chills and fever 50 City of Brazil, for short

51 Peculiar 52 Individual

53 Legislation

Sudoku

	7	8				6		
			5	4				1
2					6			4
		6	7		2		9	
	5			1			3	
	9		6		8	1		
7			3					2
5				6	9			
		3				4	6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Tanochie, Wishing you a very happy birthday today! 5 more weeks until we become one, and I can't wait! I love you today, more than yesterday, but not more than tomorrow!

FROM YOUR FUTURE HUSBAND LINNIE

Red&BlackCheckeredShirt Take care; fait attention. Personnes noire nous regardez. I am happy. I feel good. I am ok. I miss you. Goodnight. Big hug! xo FROM YOURSHYGIRL

Someone needs a doctor Pls get yrself checked or stop playing with emotions - whichever is applicable. There r plenty of good docs out there. GO!

FROM FREE ADVICE.

3 7 4 1 2 8 6 5 9 Today Tuesday 33"/19" 27"/16" Variable Mainly sunny

1 8 9

5 4 6 7 2 3

7 3 9

STAY PREPARED WITH OUR MORAE MERSITE.

Office Weather Network 2011

Today's horoscope

↑ Aries March 21-April 20 You are advised to give your feel-

ings free rein today.

Taurus April 21-May 21 You are in two minds about how to deal with someone who has let you down. I**I Gemini May 22-June 21** Be

warned: if you fall out with important people it could cost you dear. Gancer June 22-July 22 Anyone who stands between you and your objective today is going to wish they had been a little less brave

Ω Leo Iuly 23-Aug.23 You may feel sorry for a friend who is in trouble but they don't need your

TV Virgo Aug. 24- Sept. 22 A partner or loved one has behaved badly towards you but you must not behave badly in return

← Libra Sept. 23-Oct. 23 The only way to get what you want today is to give a partner or colleague what they want first

M Scorpio Oct. 24-Nov. 22 Everyone will be impressed by your leadership qualities today

For today's crossword answers and for expanded horoscopes, ao to metronews.ca

₹ Sagittarius Nov. 23-Dec. 21

Your financial situation may not be as healthy as you would wish but neither is it the end of the world り Capricorn Dec. 22-Jan. 20

Affairs of the heart will take center

Aquarius Jan. 21-Feb. 18

If you need to tackle problems of a financial nature now is the time to get serious about it

H Pisces Feb. 19-March 20. Few

people have the courage to stand up to you, but that is not an invitation to trample on their feelings





Write a funny caption for the image above and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro.



Get more Metro puzzles and games on your iPhone with the FREE Metro Play app - updated daily!









ROGERS

LONDON

Wireless Express 981 Wellington Rd. S

Wireless Express 3039 Wonderland Rd. S, Unit C (519) 691-0876

> Wireless Express Galleria Mall (519) 858-3740

Wireless Express 320 Clarke Rd. (519) 457-7367

Wireless Express 595 Fanshawe Park Rd. (519) 473-7379

CHATHAM

Wireless Express 75 Keil Dr. S (519) 351-4077

SARNIA

Wireless Express 1362 Lambton Mall Rd (519) 542-5429

> Wireless Express 910 Exmouth St. (519) 339-9717

ST. THOMAS

Wireless Express Elgin Mall (519) 637-0384

STRATFORD

McNain Communication 726 Ontario St. (519) 275-2505

WOODSTOCK

McNain Communication 223 Norwich Ave. (519) 539-1515

GODERICH

McNain Communication Suncoast Mall

NEWBURY

Wireless Express 22789 Hagerty Rd. (519) 693-4484

ROGERS (1885)

LONDON

Westmount Shopping Centre 785 Wonderland Rd. S, Unit S: (519) 657-6841

Masonville Place 1680 Richmond St. N, Unit L029 (519) 660-6135

White Oaks Mall 1105 Wellington Rd. S, Unit 413 (519) 691-0494

> 849 Wonderland Rd. S (519) 474-2361

> > 1920 Dundas St. E

(519) 451-6304 1225 Wonderland Rd. N

(519) 472-5442

1240 Commissioners F Unit 106-107 (519) 473-4001

> 1030 Adelaide St. (519) 645-2171

395 Wellington Road S, Unit 11-14

(519) 649-0533 CHATHAM

Downtown Chatham Centre

(519) 351-9493

ST. THOMAS

(519) 637-8029

TILLSONBURG

Fillsonburg Town Centre

164 Broadway St., Unit 1 (519) 842-5666 WOODSTOCK

705-709 Dundas St. W

(519) 421-3127 SARNIA

Oak Acres Plaza 1350 Colborne Rd (519) 336-9911

5-49 Finch Dr. (519) 383-7707







WIRELESS etc...



















*Offer ends July 17/11. Subject to change without notice. Customers who activate 2 smartphones on a voice and data Couples & Family Plan or add a smartphone to an existing voice and data Couples & Family Plan (each with a 3-year term) are eligible to complete an online coupon (rogerspromotions.com/PS3offer) to redeem for a Sony PlayStation 3 (160 GB) at no additional cost while supplies last. Early cancellation fees apply. Limit one per account. "PlayStation" and the "PS" Family logo are registered trademarks and "PS3" is a trademark of Sony Computer Entertainment LLC. ©2011